



# Spine Institute of Arizona

## INJECTION DISCHARGE INSTRUCTIONS

Edward J. Dohring, M.D.  
*Board Certified Orthopaedic Surgeon  
Fellowship Trained Spine Surgeon*

Michael W. Cluck, M.D., Ph.D.  
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Mary E. Merkel, M.D.  
*Board Certified Physical  
Medicine and Rehabilitation  
EMG/NCV Testing*

Allan L. Rowley, M.D.  
*Board Certified Physical  
Medicine and Rehabilitation  
Interventional Pain Management*

Bill Balogh, P.A.-C.  
*Board Certified Physician Assistant*

Donna M. Lahey, R.N.F.A.  
*Office Administrator  
Registered Nurse First Assist*

### *Main Office:*

9735 North 90<sup>th</sup> Place  
Scottsdale, Arizona 85258

6525 West Sack Drive, Suite 202  
Glendale, Arizona

Tel. 602/953.9500

Fax 602/953.1782

www.spineaz.com

There may be slight bruising or tenderness at the injection site. It should improve over the next couple of days. Please inform your physician if it does not improve.

You may feel numbness, tingling and/or weakness after the procedure. Notify your physician if this persists for more than 12 hours.

If you were sedated, we request that you do not make decisions that require your full attention for 4-8 hours following the procedure.

Since the medication you received may alter your mentation, sensation, strength and reflexes, you may not drive yourself home or operate machinery for \_\_\_\_\_ hours.

Schedule an office appointment within 1-2 weeks after your procedure.

Continue your usual diet. If you have diabetes, check your finger sticks 1-2 times daily for the next 2-3 days. You may notice unusual fluctuations in your blood sugar. If you do, please contact your primary care physician.

If you have high blood pressure, you may notice an increase in blood pressure or fluid retention. Please report this to your primary care physician.

Activity: Rest for 24 hours following your procedure. You may begin resuming usual activities after this time period. Be sure to continue any precautions previously given to you, such as avoiding heavy lifting or bending.

Continue your previous medications. New medications with dose and frequency are listed below:

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**Call the Spine Institute of Arizona, 602-953-9500, if any of the following occur:**

- Fever greater than 101.3 degrees Fahrenheit
- Increased pain persisting over 1-2 weeks
- Shortness of breath, dizziness, pain in your chest, or difficulty breathing
- Difficulty swallowing or breathing
- Severe headaches



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- Stiff neck
- Prolonged hiccups
- Inability to move
- Prolonged numbness, weakness, or tingling
- Inability to urinate or have a bowel movement
- Bowel or bladder incontinence
- Strange or unusual symptoms (visual changes, difficulty speaking, etc.)
- Continued, excessive, or increasing swelling or bruising at the needle site
- Signs of infection, such as redness, drainage, swelling, or warmth, around or from the needle site.

If you cannot get in contact with the Spine Institute of Arizona, or if you are unable to wait for a physician to return your call, **GO TO THE NEAREST EMERGENCY ROOM.** If you cannot get to an emergency room, **DIAL 911.**

If you have pain, apply ice to the site of the needle puncture for 20 minutes every 4-6 hours as needed.

Do not bathe for 24 hours. Leave the band-aid on for 12 hours.

In the event of headache after an epidural steroid injection, drink plenty of caffeinated beverages the first day after your procedure. If you have not had an epidural steroid injection, you do not need to drink plenty of caffeinated beverages. Coffee, tea, and colas all contain caffeine.